

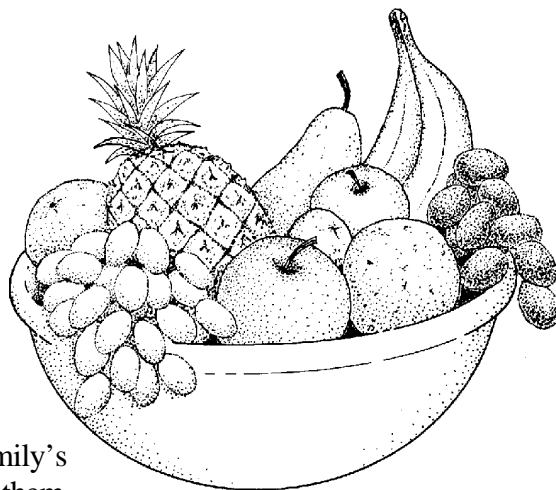


Eat More Fruits for Good Health

Fruits are rich in vitamins, fiber and other nutrients that help your body grow and stay healthy.

Fruits contain vitamins. Most fruits have vitamin C. Vitamin C keeps your gums healthy. It also helps your body heal wounds and cuts.

Fruits also contain fiber. Fiber helps keep your digestive track healthy. Fruits are low in calories



Buy More Fruits for the Family

Fruits should be an important part of your family's diet. To take advantage of the fiber in fruits, eat them with the skin whenever possible. Fruit juices have vitamins but no fiber.



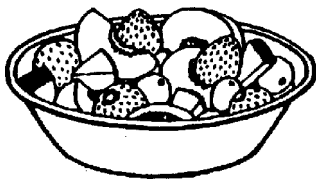
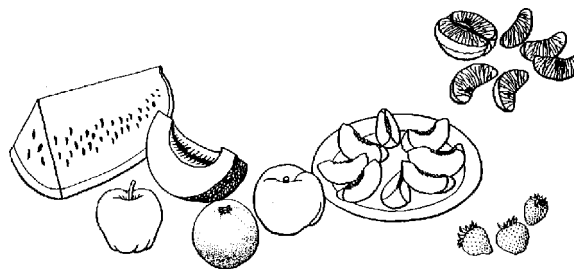
Fruits Make Good Snacks and Desserts

Give your children fresh fruits to take to school instead of candy or sweets. Keep a bowl of whole or sliced fruits in the refrigerator. Have them washed and ready to eat as snacks.



Begin and Finish the Meals with Fresh Fruits

Serve whole or sliced fruits or fruit salad for breakfast, lunch, or dinner.



Use fruit with cereals and pancakes. Also prepare them as a dessert for lunch or dinner.



Eat 2 or more servings of fruit every day.